

# Nutrition Facts

1 serving per container

**Serving size** 1 serving (174g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 1.5g 6%

Trans Fat 0g

**Cholesterol** 120mg 39%

**Sodium** 115mg 5%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars < 1g

Includes 0g Added Sugars 0%

**Protein** 35g

Vitamin D 0mcg (1 IU) 0%

Calcium 7mg 0%

Iron 0.53mg 2%

Potassium 450mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.